



MOTORING REPORT

By NAMAN ARORA
naman@gdnmedia.bh

BAHRAINI speedster and karting champion Khalid Al Najjar is revving up for his next appearance at the Rotax Max Challenge Grand Finals, set to take place in the kingdom in November.

At just 14 years old, Khalid has already carved out a name for himself as one of Bahrain's most promising motorsport talents, after being crowned Bahrain Karting Sprint Champion twice.

"As a child, I was fascinated by cars," the British School of Bahrain student told *GulfWeekly*.

"My father, who has a deep love for motorsports, owned an impressive collection of vehicles. He encouraged my passion by enrolling me in a karting academy in Bahrain, and I instantly fell in love with the sport."

His journey began at the age of seven, and his early start has led to a string of achievements.

In 2021 and 2024, he won the Bahrain Karting Sprint Championship, and has competed in events across Europe, including the Italian and Romanian Karting Championships, since his first international outing as a karting driver in 2019.

Last year, he also represented Bahrain in the prestigious FIA Karting Academy, gaining experience in France, Slovenia and Sweden.

"Participating in the FIA Academy Championship in 2024 was incredibly meaningful to me," he said.

"It boosted my confidence to compete in Europe and connect with new drivers while representing Bahrain on an international stage."

Balancing the life of a teenager with the demands of international sport is no small task.

Khalid trains at the gym twice a week, focusing on fitness through cycling, boxing and cardio. He also spends three days on the track, sharpening his skills with his coach and mechanical team.

"My parents do a great job of managing my time to ensure my studies aren't affected," he said.



TIGHT TURNER: Khalid during a race in Italy

FAST TRACK TO FAME



JOINING HANDS: Khalid, left, works with his mechanical team to optimise his kart

Like many athletes, Khalid has faced setbacks.

A recent injury in Italy forced him out of the Euro Cup, but he responded with determination.

"I began therapy to aid my recovery and sought mindset coaching to help me regain my focus," he explained.

"Racing abroad has taught me how to adapt to new

techniques, tracks and even weather conditions. Every challenge makes me stronger."

Khalid's list of results already spans podiums in Bahrain, Romania and Italy, as well as appearances at the Rotax Grand Finals in Portugal and Italy.

And yet, his favourite track remains close to home – the Bahrain International Karting Circuit in Sakhir – followed closely by Sarno in Italy.

His ultimate ambition is clear.

"As a team, we are working to develop me towards Formula 4," he said.

"Motorsport is a challenging sport that requires immense dedication, focus and training.

"I aspire to become a racing driver in motorsport, especially since Bahrain is the heart of motorsport in the region."

One day, he hopes to be in the same league as his racing heroes McLaren driver Lando Norris and seven-time world champion Lewis Hamilton, whom he met during one of their races in Bahrain.



LOCKED IN: Khalid prepares to race in Slovakia

For Khalid, the road ahead is paved with challenges, but he is mindful of the bigger picture.

When asked what advice he might offer to others choosing this path, he said: "Believe in yourself and pursue your passion; determination is key to achieving any dream."

"My family has been incredibly supportive from the beginning. They help me manage my schedule, maintain my diet, and monitor my progress, providing mental, emotional and financial support throughout my journey."

As November approaches, eyes will be on Khalid when the Rotax Max Challenge Grand Finals bring the global karting spotlight back to the kingdom.

The event will be held from November 29 to December 6 at the Bahrain International Circuit.



SIP, SIP HOORAY
Are you dehydrated?
SEE PAGE 2



SELF CARE DIARIES
Ritz beauty review
SEE PAGE 3



EAT, DRINK, REPEAT
Leisure scene
SEE PAGES 4-5



YOUNG CHAMPION
Boxer aiming high
SEE PAGE 7

Water you waiting for?



SPEAK YOUR MIND
By MELISSA NAZARETH
melissa@gdnmedia.bh

If you think you're not thirsty and it's okay to wait until your next sip of water, you could be mistaken – and potentially causing harm to your body and mind.

Experts say it's a misconception that one must wait to feel thirsty before drinking water.

In Bahrain, the majority of people work and live in air-conditioned spaces and may not realise they're dehydrated until it's too late.

"Office workers sit in air-conditioned environments for prolonged periods. As they do not feel hot, they might not realise they need to drink water," Al Hilal Hospital-Muharraq urologist Dr Shabeena Naz told *GulfWeekly*.

"The cool, dry air and respiration can increase your level of dehydration," she added.

Air conditioning units remove moisture from the air to cool it, creating dry air that causes your body to lose moisture faster through evaporation from the skin and lungs.

Dr Shabeena recommended simple tests that you can perform to check if you're dehydrated – the urine colour test and pinch test.

"If your urine colour is dark, it means you are dehydrated but if it is pale yellow, you are adequately hydrated," she noted.

She also suggested the skin turgor or 'pinch' test where you pinch the skin on the back of your hand, pulling it up for a few seconds. If, upon release, the skin remains tented – standing stiff and not returning to its original state – it's time to drink up.

Turgor refers to the skin's ability to return to its normal shape after being pulled or deformed.

While water intake depends on factors such as gender, body weight and height, and level of physical activity and exposure to sun, among others, the average requirement for women is two and half to three litres a day and for men, three to four litres a day, the medic advised. She also highlighted that it is



ON-THE-GO: Keeping a water bottle handy is a smart way to ensure you do not go without fluids for a prolonged period

important to hydrate regularly throughout the day for the body to function well.

However, drinking a large quantity of water in one go while staying parched for a prolonged period is not the way to go.

"If you drink about 100ml every 20 minutes, it will amount to three litres," Dr Shabeena said.

Some office-goers may avoid drinking water altogether as they do not want to keep going to the washroom, she added.

Drinking insufficient water can lead to other illnesses like urinary tract infections (UTIs), kidney stones and heat stroke if directly exposed to the sun. Drinking extra fluids – especially water – each day can help flush out bacteria from your urinary tract and help prevent UTIs.

Staying hydrated also prevents higher concentration of minerals in the urine that leads to stone formation.

Heat strokes or exhaustion, a condition caused by the body overheating, is also a concern especially among outdoor

workers who do not drink sufficient water.

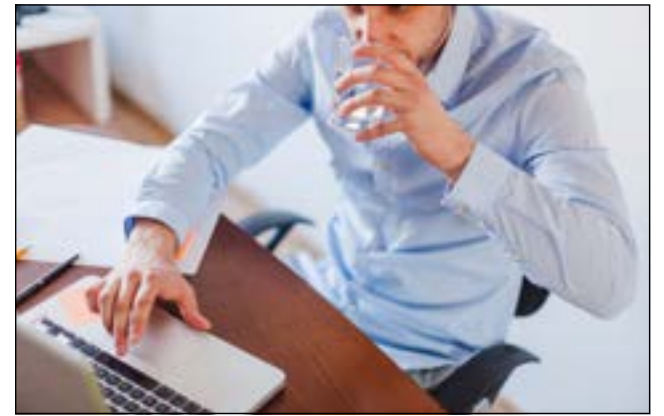
"Construction workers, security guards who stand outside all the time or drivers are often under-hydrated, which could cause heat accession stroke. Children and adolescents play outdoors during the day or are involved in sports, making them vulnerable to dehydration," she said.

"Another is the elderly population. As one ages, the sensation of thirst decreases."

HYDRATING FOODS

VEGETABLES like cucumbers, celery, tomatoes, lettuce, bell peppers and zucchini have high water content and make for great summer foods. Fruits like melons and citrus fruits like oranges, lemons and grapefruit also provide hydration. They can be used in salads, sandwiches or soups and broths, and supplement your water intake during the day.

In addition to the physical toll, dehydration also causes impaired cognitive



DRINK UP: Office workers sit in air-conditioned spaces and might not realise they are dehydrated

SIMPLE SIGNS AND TESTS TO RECOGNISE DEHYDRATION

- » **Urine colour test** – Dark urine means dehydrated and pale yellow means well-hydrated
- » **Skin turgor test**
- » **Dry mouth and crusty lips**
- » **Headaches, dizziness or light-headedness and fatigue** – Remember the times when you spent a hot summer morning running errands and returned home with a splitting headache?
- » **Confusion or irritability** – This can also be a sign that you need to hydrate
- » **Muscle cramps**
- » **Sudden drop in weight after excessive sweating** – This means loss of water from the body



Dr Anne-Laure



Dr Shabeena

functioning, which could lead to poor concentration, increased reaction times, short-term memory issues and negative mood changes, according to some global studies. Even a water loss of less than two per cent can have adverse effects.

According to Bahrain-based licensed psychologist Dr Anne-Laure Renard, it is important to be mindful and in tune with your body's sensations so you do not misinterpret them.

It is easy to go through

the day engrossed in work and other tasks but if one is mindful, one can be more responsive to the body and mind's needs.

"There are times when we are not in touch with our body sensations and mistake thirst for hunger," she said, giving an example.

The specialist with more than 14 years' experience in corporate psychology also recommended carrying a water bottle at all times so you can sip on-the-go.

GET together with your family and friends to enjoy some of the English language films being shown at CINECO Seef this weekend.

BEAST OF WAR (15+)

A group of young soldiers, fresh out of bootcamp, find themselves stranded on a raft in the middle of the ocean after their ship is sunk by the enemy and must battle for their lives against a giant hungry great white shark.



Actors: Mark Smith, Joel Nankervis, Sam Delich

Timings: 10.30am, 3pm, 7.30pm, midnight

THE LONG WALK (18+)

A group of teenage boys compete in a contest known as 'The Long Walk', where they must maintain a certain walking speed or get shot.

Actors: Cooper Hoffman, David Jonsson, Garrett

Wareing

Timings: 12.15pm, 2.20pm, 4.45pm, 7pm, 9.15pm, 11.30pm

THE SHADOW'S EDGE (PG-15)

A gang of criminals disappears with billions, evading capture by outsmarting the surveillance system. Macau police enlist the help of a retired tracking expert, who rebuilds an elite surveillance unit.

Actors: Jackie Chan

Timings: 12.15pm, 3pm, 5.45pm, 8.30pm, 11.15pm

A BIG BOLD BEAUTIFUL JOURNEY (15+)

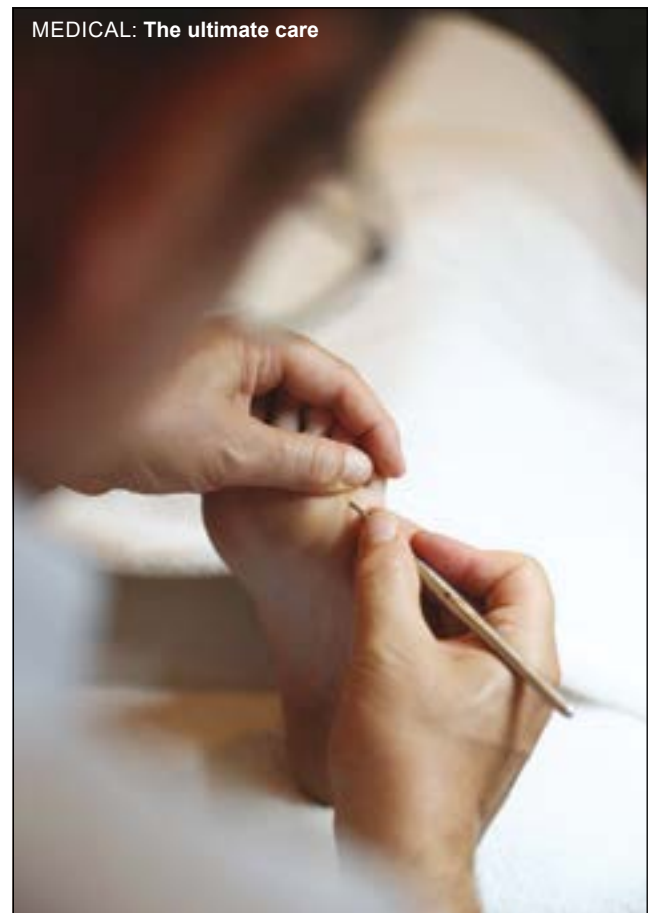
Two strangers who meet at a mutual friend's wedding have the chance to relive key moments from their pasts, illuminating the path that led them to the present and gaining the opportunity to change their futures.

Actors: Colin Farrell, Margot Robbie, Jennifer Grant

Timings: 12pm, 2.15pm, 4.30pm, 6.45pm, 9pm, 11.15pm



DIAGNOSIS: Precision and skill



MEDICAL: The ultimate care



BEAUTY REPORT
By JAYNE HOUGHTON
jayne@gdnmedia.bh

FOR two decades, I have been locked in a tempestuous affair with gel polish. It was a relationship built on convenience and a flawless, high-gloss facade. Beneath the veneer of perfect colour, however, lay a truth I could no longer ignore: my nails were suffering.

They were brittle, discoloured, and weak; a fragile foundation hidden under layers of toxic lacquer. I needed an intervention, and so I found myself at the most exclusive address for hands and feet in Bahrain: the Pedi:Mani:Cure Studio by Bastien Gonzalez at The Ritz-Carlton Spa.

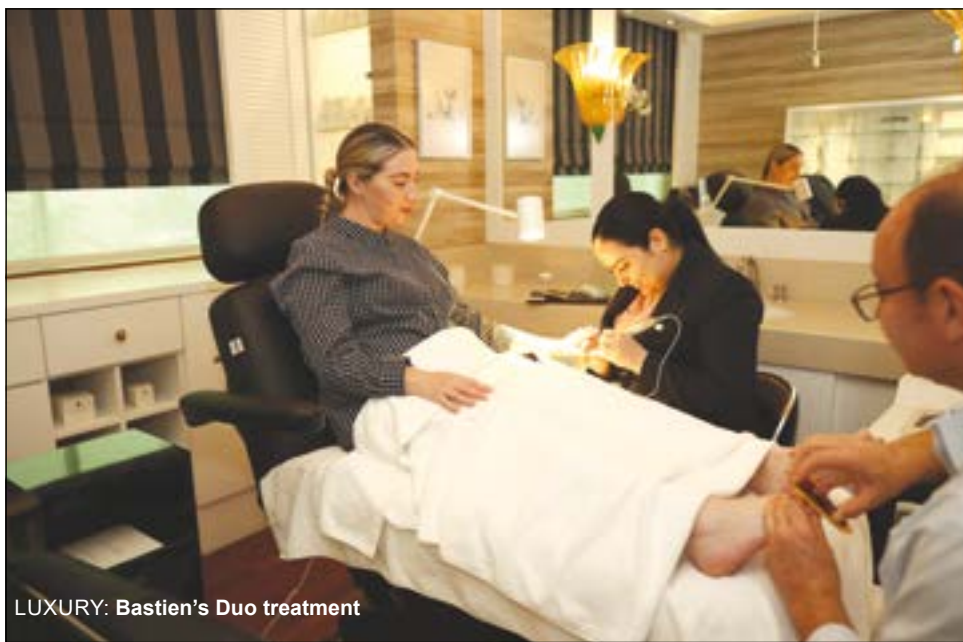
Stepping into the pristine, light-filled studio is an immersion in serenity. The Pedi:Mani:Cure experience is not born of a nail technician's whim but of Bastien Gonzalez's deep medical understanding.

A trained podiatrist from France, his philosophy is rooted in the health of the nail and skin, combining clinical expertise with an artistic touch. His is a world where foot care is not an afterthought but a revered ritual.

My treatment was the famed 'Duo', an hour-plus symphony of synchronised hand and foot care performed by two expert therapists. It is the very definition of ultimate luxury.

First, Bastien himself conducted a meticulous, almost diagnostic, assessment of my hands and feet. The experience felt less like a spa consultation and more like

Ritz nailed it!



LUXURY: Bastien's Duo treatment

an audience with a virtuoso. He observed the signs of my years-long beauty habit and, with a gentle, painless pinch to my skin, demonstrated its natural, underlying plumpness. He assured me my skin still possessed good elasticity, despite the persistent dryness.

He also noted the pesky corn on my left foot; a

chronic point of minor discomfort I had almost forgotten.

All the while, every tool used was flawlessly sanitised and prepared with a hygienic precision that underscored the medical integrity of the entire process.

The performance began. At my hands, Amal Ammous, Bastien Gonzalez's studio

manager and therapist, set to work with a grace that spoke of profound expertise.

At my feet, Bastien mirrored her actions. The synchronicity was breathtaking. This is the essence of the 'Duo', a four-handed massage that elevates this treatment to a therapeutic art form.

The massage, beginning from my toes and fingertips and extending to my knees and elbows, wasn't merely a fluff of the skin. It was a choreography designed to boost blood circulation and relieve tension, leaving a sensation of deep, total relaxation.

Unlike the rough buffing I had come to expect, they used a gentle bespoke technique involving a chamois leather 'Révérence de Bastien Natural Horn Nail

Buffer' and the 'Révérence de Bastien Mother-of-Pearl Nail Brightness Cream', designed to reveal the natural luster of nails without using aggressive polishes or removers.

The buffing wasn't about filing away flaws but about stimulating the nail bed and restoring its natural pearlescence from within. This method is Bastien's signature, a secret passed down from his great-grandmother, and it's a revelation. My nails, freed from their gel shackles, began to glow with a translucent, healthy sheen I hadn't seen in years.

The most satisfying moment came with the address of my corn. Utilising his podiatric expertise, Bastien removed it with a precision that was swift and entirely without discomfort. The relief was immediate. This detail, more than any other, highlighted the true value of the Bastien Gonzalez method: it treats issues at their root, providing lasting health rather than just a fleeting cosmetic fix.

As the treatment drew to a close, I looked at my hands and feet. Gone was the sickly yellowing of my nails, replaced by a radiant, milky sheen. My skin felt soft, supple, and profoundly nourished.

This was a comeback story

for my nails, a rebirth of sorts.

My two-decade-long affair with gel is now a closed chapter. It was fun while it lasted, but true luxury, I now know, is rooted in health and wellness, and Bastien Gonzalez's treatments and products are the ultimate showcase to that truth.

Following your luxurious treatment, you can continue the exceptional care at home with a range of products from Révérence de Bastien.

Among the standout items available is the Black Diamond Scrub, a foaming mineral exfoliant. This unique product is blended with black diamond, mother-of-pearl particles, and black volcanic sand to provide vigorous and natural exfoliation, effectively helping

to eliminate dead skin cells and leaving the skin feeling incredibly silky smooth.

The inclusion of thyme and sage essential oils, well known for their purifying properties, further contributes to maintaining healthy and elegant feet.

Pedi:Mani:Cure Studio by Bastien Gonzalez was recently awarded the World's Best Nail Studio Brand 2025 at the 11th annual World Spa Awards.

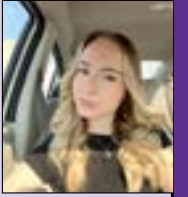
For appointments, contact 17586808. Follow the hotel on Facebook and Instagram @ritzcarltonbahrain.



QUALITY: Innovative tools and products

Leisure Scene

What's on guide by
Julia Cassano



MAGNIFICENT MORNINGS AT RITZ

BEGIN your day with an exceptional breakfast experience at the Ritz-Carlton, Bahrain.

Whether you are in the mood for a quick morning treat or a relaxed breakfast, Café Gourmandise caters to every preference.

Indulge in freshly-brewed artisanal coffee and an array of handcrafted pastries, all thoughtfully prepared to elevate your mornings. Priced a la carte, it is open everyday from 8am to 11pm.

On Sundays, ladies can enjoy a 50 per cent off on a variety of specially-crafted beverages at Thai Lounge's Ladies' Night. The offer is available from 6pm to 9pm. Meanwhile, friends and

families can head to La Plage any day to enjoy the thrill and excitement of watching games all night, while enjoying delicious food and beverages. It is priced a la carte.

For a one-of-a-kind experience where you can learn to cook special dishes and pastries from around the globe with expert chefs, opt for the hotel's Gourmet Cooking Class. It's designed to refine your skills and delight your palate and costs BD40 per person for regular cuisine and BD45 per person for pastry cuisine. Subject to availability, early booking is advised to secure your spot.

Cantina Kahlo invites guests for a feast of bold flavours and festive vibes. Savour an array



COLOURFUL:
Dishes at Primavera

of mouthwatering dishes made with authentic ingredients. Diners can also enjoy the lively rhythms of a mariachi band, creating the perfect backdrop for an unforgettable day. It is

available tomorrow, from 1pm to 4pm, and costs BD35 per person, inclusive of soft beverages and BD45 per person, inclusive of selected beverages.

For a lovely, refined three-



course set menu, head to Primavera, a spot perfect for client meetings or a stylish midday break.

Priced at BD19 per person, the feast is available on Sunday, Monday,

Wednesday and Thursday, from 12.30pm to 3pm.

Visitors can also book a last-minute stay at the Ritz-Carlton, Bahrain, where serene surroundings and refined comfort set the

GO WILD AT SHERATON

GET ready for a flavour-packed adventure at Sheraton Hotel Bahrain.

Explore the WILD Brunch tomorrow from 12.30pm to 5pm. Dig into shareable cuisine and sip on punchy handcrafted beverages while live entertainment electrifies the atmosphere at WILD. It costs BD36 with soft beverages and BD46 for a selected beverage package.

Golestan Persian Grill invites guests for Sofreye Irani (a Persian lunch), a refined sharing-style dining experience, featuring your choice of a kebab, complemented by fresh juices, soft drinks and traditional Persian tea.

The restaurant also offers a menu of delightful, authentic Persian dishes – from fragrant kebabs to unique house specialties – ensuring there is something for everyone. Visitors can enjoy the experiences everyday from noon to 3pm, 7pm to 11pm and on weekends from noon to 4pm and 7pm to 11pm.

If you are looking for a relaxing treatment on a budget, don't miss out on the hotel's exclusive spa promotion. Guests can avail a 20 per cent off on any spa package and 15pc off on any



STUNNING: Golestan's interiors

massage or facial service.

A special membership promotion is also available, where guests can purchase a three-month membership for

BD250. It includes access to the gym, steam sauna and swimming pool.

For more information call 17517714 or 39401181.

ENJOY Bahrain's most extravagant tea experience at Four Seasons Hotel Bahrain Bay.

Savoury and sweet delicacies, from salmon caviar brioche with crab salad to truffle mayonnaise with quail egg, classic tea sandwiches and freshly-baked scones will make for an unforgettable dining experience.

Available everyday from noon to 9pm, it costs BD22 for regular and BD26 for royal tea with sparkling apple juice.

Don't miss out on a fantastic Family Brunch, featuring vibrant live stations including fresh salads, nachos, tacos, Japanese takoyaki, kebabs and dessert.

It's priced at BD35 with soft beverages and BD48 inclusive of a selected beverage package, tomorrow, September 26, from 1pm to 4pm. Children under five dine with the hotel's compliments and those aged six to 12 enjoy 50 per cent savings.

Byblos, a beachfront Lebanese restaurant, has unveiled a new menu of delicacies. Guests can savour eggplant Raheb with crispy kunafa, freekah shrimp with pesto, kibbeh short ribs and more from Tuesday to Sunday, 6pm to

OPULENCE:
Friday Brunch
at CUT by
Wolfgang
Puck



LUXURY IN EVERY SIP AND BITE!

midnight.

Meanwhile, re/Asian Cuisine offers guests a night of luxury, with sharable plates, including pan-seared duck dumplings, Korean fried chicken, Hokkaido scallops and more. A DJ will enhance the evening atmosphere on Tuesday, from 7pm to 11pm, Wednesday to Friday from 7pm to 11.30pm and Saturday

and Sunday from 7pm to 11pm. The restaurant is closed on Mondays.

CUT by Wolfgang Puck invites guests to a lively Bubbly Brunch, featuring Wolfgang Puck's favourites, from black bass ceviche to beef sliders and premium steaks. Tableside pours of bubbly beverages and live entertainment complete the

Leisure Scene

Weekly Entertainment

SUMPTUOUS:
Breakfast
dishes at La
Gourmandise



tone for an unforgettable escape.

For more information or bookings, call 17580000 or email rc.bahrz.restaurant.reservations@ritzcarlton.com.



afternoon. Book your table tomorrow, from 12.30pm to 3.30pm, at BD70, inclusive of free-flowing sparkling beverages.

Recharge with an award-winning VIP O2 Facial by Biologique Recherche. Not only does it restore luminosity through detoxification, but it also is customised with advanced skin analysis, leading your skin to feel the ultimate hydration. It costs BD70 to BD90 during the week and BD80 to BD99 during weekends and holidays, from 10am to 10pm.

For more information, contact 17115000.

FEAST LIKE THE GREEKS

IMMERSE yourself in the authentic flavours of Greece at InterContinental Bahrain this weekend.

Experience a culinary journey that captures the essence of Greek cuisine at Rigani, transporting you to the sun-soaked shores of the Mediterranean.

Visit the restaurant from Saturday to Thursday, 6pm to 10.30pm and Friday from 12.30pm to 3.30pm and 6pm to 10.30pm. Delivery is also available from 11am to 11pm.

Tomorrow, the Legendz SteakHouse will host its Brunch Affair, featuring a variety of delicious stations including barbecue, seafood, fresh cheeses, along with specially-crafted beverages. Live entertainment will add to the fun atmosphere.

It costs BD28 with soft beverages and BD38 inclusive of unlimited selected beverages. Children under

six dine for free while those aged six to 12 receive a 50 per cent discount, tomorrow from noon to 4pm.

Meanwhile, guests can indulge in the ultimate Saturday treat with a crisp Caesar salad, 18-hour slow-cooked barbecue beef ribs and a decadent caramel and praline dessert – the perfect balance of fresh, smoky and sweet.

This dining affair at the Legendz SteakHouse costs BD26 net per person, from 6pm to 10pm.

Visit the restaurant Selections for lunch as a rotating line-up of global dishes will help you recharge in under an hour. Crafted for professionals on the move, Selections Power: Lunch: 45 features a curated international buffet experience. It's available from Sunday to Thursday, noon to 3pm, at BD9.

For an evening filled with delicious



FLAVOURS: A guest enjoying the Seafood Night

seafood and ocean-inspired beverages, look no further than Seafood Night at the Regency Tent. Available tonight September 25, from 6.30pm to 10.30pm, the event features interactive live stations, signature seafood dishes and more.

It costs BD24net inclusive of unlimited soft beverages and BD32 for unlimited selected beverages. Children under six dine for free, while children aged six to 12 can enjoy 50pc savings. For bookings and more information, contact 36967701.



COLOURFUL: Sushi selection at the K Hotel Bahrain

A FRIDAY BRUNCH TO REMEMBER

SAVOUR a lavish buffet filled with exciting new dishes designed to delight every palate at the K Hotel Bahrain's revamped Friday Brunch.

Sip on the finest beverages, expertly crafted to elevate the experience, while a live band sets the perfect mood for an unforgettable

day. Explore the interactive live cooking stations, where culinary magic unfolds, all within a vibrant setting.

The experience costs BD18net per person, inclusive of unlimited soft beverages, and BD25 with unlimited selected beverages, every Friday, from 12.30pm to 3.30pm.

For bookings, contact 36600433.

WORLD GOA DAY TO BE MARKED

THE Young Goans Club will mark the 25th anniversary of World Goa Day with a grand celebration on October 3, at 7pm, at the Olive Hotel, Juffair.

The evening will showcase music, dance and entertainment, reviving Goan heritage with nostalgia and vibrancy.

Highlights include performances by Goan singing duo XaniCroy and acclaimed master of ceremonies Felly Gomes, flown in from

Goa. Guests include former minister Govind Gaude, Goa Housing Board chairman Jit Arolkar and Goa Industrial Development Corporation chairman Aleixo Lourenco.

Free parking is available and dress code is formal.

Table reservations can be made in advance, with a BD3 dining voucher for every adult ticket holder.

For details, call 39881984, 33310712, or 39741329.

A NIGHT OF MUSIC AND LAUGHTER

THE British Club Bahrain is set to host its iconic Oktoberfest on October 9, promising a night filled with live music, laughter, fun and games.

Headlining this year is the awesome Wunderbar Bass, alongside DJ Shannon

Crocket, and supporting them will be 4 Tunes. Tickets are available on *Platinumlist* and at the club's reception, priced at BD5 for members and BD7.500 for non-members.

The event will start at 7pm.

For more information, contact 17738245.

FUN FOR FAMILIES AT DILMUN

DILMUN Club Bahrain invites guests tomorrow for a range of fun offerings.

Don't miss out on the club's fantastic brunch which features lively entertainment and delicious dishes and beverages, from 1pm to 5pm.

From 10am to 8pm, children can also enjoy a meal for BD1. Guests can enjoy a special fish and chips dish for just BD4.500 from noon to midnight.

For more information, contact 17690926.

CARIBBEAN BRUNCH POOL PARTY

GET ready to escape to tropical vibes at the Caribbean Brunch Pool Party tomorrow at the Elite Crystal Hotel in Juffair.

Dive into a vibrant afternoon filled with endless sunshine, cool beats and the ultimate island-inspired experience. With *Radio*

Bahrain broadcasting live from 3pm to 6 pm, the energy will be high from the start.

Indulge in great flavours, refreshing drinks, and a lively afterparty that keeps the celebration going late into the night. The experience will cost BD20 and tickets are available on *Platinumlist*.

FESTIVE CELEBRATIONS

PALAKKAD Arts and Cultural Theatre (PACT), in collaboration with Amazing Bahrain, will host Orumayude Onam tomorrow at the Golden Eagle Health Club, Gulf Air, Salmabad.

V K Sreekandan, a legislator from Kerala, will be the chief guest, alongside Bahraini MP Mohammed

Janahi. The festivities will feature a musical evening led by renowned playback singer Prashobh Palakkad. The highlight of the culinary offerings will be a Palakkad-style Onasadya, organisers said.

For more information, contact 39871460 or 39143350.

Pulse of Pop

AROUND THE WORLD IN MUSIC, TV, BOOKS AND MORE - BY NAMAN ARORA

POP MEETS SOUL

American rapper, singer, songwriter, and record producer Amala Ratna Dlamini, better known as Doja Cat, will be releasing her fifth studio album, *Vie*, tomorrow, September 26.

The project, being released through Kemosabe and RCA, follows her 2023 record *Scarlet* and represents a new creative direction that blends pop with personal reflections.

The artist has described the album as her most mature work to date, one that showcases her vocal ability and deeper emotional range.

Speaking in recent interviews, Doja Cat added that she had pushed herself technically while recording *Vie*.

"I'm very excited," she explained.

"It's things I wasn't able to do before. I couldn't hit certain riffs or runs. I used to joke about that and pretend to be a singer. But I sucked it up

and stopped joking and took myself more seriously."

Lyrically, the album explores themes of love, romance, intimacy, relationships and self-discovery.

Doja Cat has indicated that she wanted to capture not only the tension and fragility that can come with romantic connections but also the beauty of healthy attachment and self-acceptance.

The record seeks to portray love in its full spectrum rather than simply focusing on heartbreak or cynicism. Musically, *Vie* takes inspiration from retro eras, particularly the 1970s and 1980s.

The sound incorporates lo-fi textures, samples and nostalgic references designed to stir a sense of familiarity, while still sounding contemporary.

The goal, according to Doja Cat, is to produce a modern album that acknowledges the sounds many listeners grew

up with.

Promotion for the project began in August with the release of the lead single *Jealous Type* on August 21, with a music video directed by Boni Mata.

Doja Cat, Ari Starace and Jack Antonoff wrote the song.

Vie's promotional strategy in the US also included the launch of the 'Vie Hotline' on August 7. By dialling the hotline number, fans entered an interactive soundscape where Doja Cat herself delivered playful voice prompts on topics such as jealousy, romance, and trust.

There will be a total of 15 tracks on the album. In addition to the lead single, these will be *Cards*, *Aaahh Men!*, *Couples Therapy*, *Gorgeous*, *Stranger*, *All Mine*, *Take Me Dancing*, *Lipstain*, *Silly! Fun!*, *Acts of Service*, *Make It Up*, *Happy*, *One More Time* and *Come Back*.

Alongside the album announcement, Doja Cat has



VIE: Album cover

confirmed the Ma Vie World Tour, which will begin in Auckland, New Zealand,

on November 18 and end in Taiwan on December 21. The shows will highlight

music from *Vie* while revisiting tracks from her earlier catalogue.

MISFITS ON THE MOVE



COOL: Gary Oldman in a scene from the new season

THE fifth season of acclaimed espionage black comedy *Slow Horses* started airing yesterday on Apple TV+, with the first two of a six-episode run.

The series, based on Mick Herron's *Slough House* novels, will continue with weekly releases until October 22.

This latest instalment adapts *London Rules*, the fifth novel in Mick's series.

The plot centres on the misfit agents stationed at Slough House, led by the ever-cynical Jackson Lamb (Gary Oldman), as they confront a tangled series of events in London.

A key subplot involves Roddy Ho, the team's tech specialist, whose appearance with a glamorous new girlfriend raises eyebrows among his colleagues.

A sequence of bizarre incidents across the city forces the *Slow Horses* to connect the dots

before things spiral further out of control.

The cast returns strongly with Jack Lowden, Kristin Scott Thomas, Christopher Chung, Rosalin Eleazar, Jonathan Pryce, and others all reprising their roles.

A new face joining this season is Nick Mohammed, best known from *Ted Lasso*, who plays Zafar Jaffrey, an ambitious politician. Behind the scenes, showrunner Will Smith, not to be confused with the rapper and comedian who shares the name, will be stepping down after Season 5. He has stated that certain story arcs begun in Season 1 will conclude with this season, so this is a natural point to hand over responsibility.

From Season 6 onward, *Slow Horses* will be led by new writers Gaby Chiappe and Ben Vanstone.

Apple TV+ has already renewed the series up to Season 7, signalling confidence in its future.

EERIE TALES FROM 'INSTITUTE'

BORA Chung, the South Korean author and translator of the National Book Award finalist and Booker Prize-shortlisted *Cursed Bunny*, is set to release her latest book of ghost stories next week.

The Midnight Timetable will be released in English on September 30 and has been translated by Anton Hur.

The book, billed as 'a novel in ghost stories', is set inside the ambiguous and bureaucratic 'Institute' and follows a new employee tasked with night-watch duty.

Rules are issued: do not answer the telephones, do not open doors after hours, and do not look directly at shadows.

From there, the novel unravels in interconnected stories that blend horror, surrealism, and sharp social commentary. Each story features a haunted object or creature.

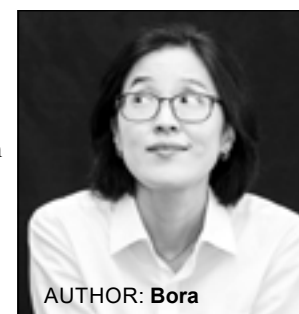
A pair of cursed sneakers refuses to let its wearer rest.

A bloodstained handkerchief carries the weight of a sibling's jealousy.

A cat observes its owner's life with quiet menace.



CHILLS: The book cover



AUTHOR: Bora

These apparitions and artefacts lead into examinations of domestic abuse, animal testing, conversion therapy, and other brutalities hidden beneath ordinary life.

Reviews ahead of publication describe the book as eerie, fragmented, and deliberately disorienting. One reviewer praised its layering of the supernatural with social critique, noting that Bora uses ghosts not for shock but for unease, with corridors, staircases, and offices that bend logic.

At just 208 pages long, *The Midnight Timetable* is shorter than Bora's previous translated work and is structured as a sequence of linked tales rather than a single linear narrative, giving it the

feel of an experimental novel.

Bora, who teaches Russian literature and science fiction in South Korea, has been gaining international recognition for blending speculative tropes with biting observations about politics, family and society.

The book will be released in hardcover and e-book formats on September 30 in the US, with international editions to follow.

Rising star in the ring

UP-AND-COMING young Bahraini boxer Jayden Price is dreaming big. The 14-year-old England native, who started competing for Bahrain earlier this year, has an eye on one day winning a medal for the kingdom in men's boxing at the Olympic Games, writes Patrick Salomon.

It is a target some may consider a long shot, especially due to the highly competitive nature of the sport. But Jayden is a born champion, and he has been proving it since he was a child growing up in the city of Gloucester, UK. Despite being only in his early teens, Jayden already boasts a record of 78 wins in 82 bouts – a sensational mark that is headlined by a gold medal he won at the 2025 USA Boxing National Open, held last weekend in Tulsa, Oklahoma.

Jayden had also previously excelled in three other combat sports before switching to boxing only four years ago.

Today, he is highly touted as one of the best young fighters in the world, and has gained the backing of Supreme Council for Youth and Sports first deputy chairman, General Sports Authority chairman, and Bahrain Olympic Committee president Shaikh Khalid bin Hamad Al Khalifa, along with Bahrain Boxing Federation (BBF) president Rashid Feylefel and BBF technical director and national team head coach Tony Davis.

"It is an honour to represent Bahrain and it is something I take very seriously," Jayden told *GulfWeekly*. "Competing on the biggest stage in this sport is not just about me – it's about giving back to the country that has shown faith in me. Carrying those medal ambitions is a responsibility I embrace, because it motivates me to train harder every single day." Jayden credits his younger sister Maisey for sparking his early interest in boxing. He has since been developing his skills under the tutelage



SUPPORT: Jayden with his father Lee, right, coach Amin, left, and friend Dani Khan



PROUD: Jayden with his gold medal from the 2025 USA Boxing National Open

of his father Lee and his coach Amin Khan, who have unleashed his limitless potential. "I got into boxing because I saw my sister winning medals in gymnastics," Jayden explained. "My dad then introduced me to the sport, and from the very first time I stepped into the gym with my coach, I loved the discipline, the challenge, and the feeling of learning something new every day. "I started training seriously when I was six, but in England you can't compete until 10. So my dad took me to do BJJ (Brazilian jiu-jitsu). I had more than 200 contests and was number one

in the world across MMA (mixed martial arts), BJJ, and wrestling, and I had my first competitive boxing bout at 10." Despite his success in the other combat disciplines, Jayden most loves competing in the ring. "What drew me in most was the individual responsibility – you win and lose on your own merits – and I liked that accountability. Boxing gave me focus and a sense of purpose from a young age." Along with his recent success at the USA Boxing National Open, Jayden has also won gold for Bahrain at the Asian Boxing U15 and U17 Championship in Amman, Jordan, last April, and then struck gold again at the Braga Open Boxing event in Portugal in July. Jayden is determined to continue making the most of his opportunity to fight for Bahrain and is ready to face the challenges that come with

being dubbed as a leading talent on the national team. "I don't see it as pressure; I see it as an opportunity," he said. "It was why I wanted to win the Asian championship, as a thank you to His Highness (Shaikh Khalid) for believing in me." Jayden has enjoyed being a part of Team Bahrain and is excited about continuing his boxing journey alongside his fellow-fighters from the kingdom. "I want to bring energy, dedication, and a winning mentality," he stressed. "Medals are important, but what's just as important to me is showing that success comes from consistency, hard work, and belief. "I hope my journey inspires younger boxers to believe in themselves and aim high. At the same time, I'm looking forward to training alongside Bahraini boxers my age, learning from them, and pushing each other to



improve." With Jayden being 14 years old, he will not be eligible to represent Bahrain at the Los Angeles 2028 Olympics. The sport's international governing body, World Boxing, presently requires fighters to be at least 18 to be eligible to compete in Olympic qualifying tournaments – but this hasn't fazed Jayden, who still harbours some hope. "Every step I take is aimed toward LA 2028," Jayden said. "The next three years will be about building experience, refining my style, and making sure I'm at my absolute best when the Olympic opportunity comes. "Currently, I'm still too young to take part in LA 2028, but rules can change, and who knows? You still might see me on the podium in LA with the Bahrain anthem playing."

BRAIN-BUSTERS

QUIZMASTER and Radio Bahrain host Shannon Crockett, who has been entertaining people across the island with his brain-teasing quiz night sessions, has offered to put *GulfWeekly* readers' general knowledge to the test. Join in the fun every Thursday with Shannon's seven brain-busters.

1. In which sport was the diameter of the ball increased by 2mm to make it easier to be seen on television?
2. Warheads sour candy was created by which Asian nation?
3. Which mammal has more than 40,000 muscles?
4. *Pumped Up Kicks* (2010) is the debut single for which band?
5. What is the mascot of the Richmond Football Team in *Ted Lasso*?
6. Which Caribbean



Island is known as the 'Island of Spice'?
7. What was the first mobile phone company with Internet connectivity?

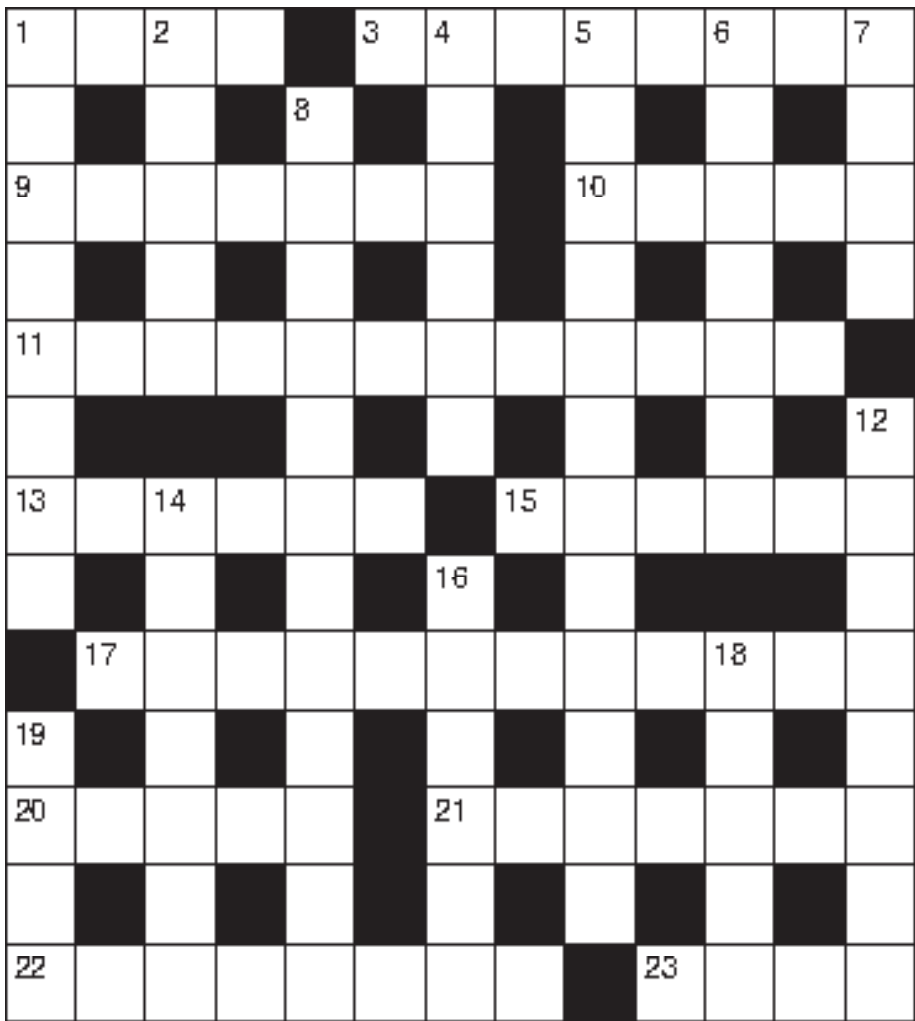
- ANSWERS
1. Table Tennis
 2. Taiwan
 3. Elephant
 4. Foster the People
 5. Greyhound
 6. Grenada
 7. Nokia

Time Out



Hilal Computers
Maximizing performance and efficiency
Dell service provider
Tel: 1729 3749 ext 2220

crossword break



Solutions in next week's issue.

ACROSS

- 1. Diplomacy (4)
- 3. Savage (8)
- 9. Non-professional (7)
- 10. Tree (5)
- 11. Hymn (4,2,6)
- 13. Conceit (6)
- 15. Stick (6)
- 17. Sea-bird (6,6)
- 20. Around (5)
- 21. Pariah (7)
- 22. Curtailed (8)
- 23. Boss (4)

DOWN

- 11. Change over (8)
- 2. Fetter (5)
- 4. Sudden (6)
- 5. Barrages (12)
- 6. Retort (7)
- 7. Gang (4)
- 8. Made manifest (12)
- 12. Drained (8)
- 14. Open air (7)
- 16. Past (6)
- 18. Respond (5)
- 19. Legend (4))

who, what, where, when

WHO ... resigned as British Prime Minister following the Suez Crisis?
WHAT ... is the chemical symbol for potassium?
WHERE ... is the Millennium Stadium?
WHEN ... was British actor Shane Richie born?
WHO ... was the winner of the UK's Big Brother in 2004?
WHAT ... was George Eliot's real name?
WHERE ... in the US is the 'Land of Enchantment'?
WHEN ... did designer Zandra Rhodes show her first dress collection?

just so

@ the day ↓

FROM THE ROUTE

DETTY BID BID BID BID

fingerfingerfingerfinger
thumbthumbthumbthumb
fingerfingerfingerfinger
thumbthumbthumbthumb
fingerfingerfingerfinger
thumbthumbthumbthumb

darn tough sudoku

So you think you're good enough at Sudoku to crack this baby? Remember, we were the first in the Gulf to bring you this bit of Japanese mayhem...so we don't kid around

Last week's sudoku

1	4	7	3	2	9	5	8	6
2	6	3	7	5	8	9	1	4
8	9	5	4	1	6	2	3	7
9	1	4	6	8	2	7	5	3
6	7	2	5	9	3	8	4	1
3	5	8	1	7	4	6	9	2
5	2	1	8	3	7	4	6	9
4	8	9	2	6	1	3	7	5
7	3	6	9	4	5	1	2	8

5	1	2	9	6	4	7	3	8
8	7	4	1	5	3	2	6	9
3	9	6	8	7	2	5	4	1
4	3	9	5	2	8	1	7	6
7	8	1	6	3	9	4	5	2
6	2	5	7	4	1	8	9	3
1	5	8	4	9	6	3	2	7
9	4	3	2	1	7	6	8	5
2	6	7	3	8	5	9	1	4

darn tough sudoku

6	3	2	4	9	1	5	7	8
7	8	9	5	6	2	4	3	1
5	1	4	8	3	7	6	2	9
3	7	5	9	8	6	1	4	2
9	4	6	1	2	5	7	8	3
1	2	8	7	4	3	9	6	5
2	9	1	6	7	8	3	5	4
4	6	3	2	5	9	8	1	7
8	5	7	3	1	4	2	9	6

Sudoku

	8	6		3	5			
9		1					3	
	2		1		4	8		
	3	9		4				8
4	7		3				6	2
6			2	9			5	
					3		9	
	9			2		6		5
8		2	7	5		1	4	

Sudoku

		2				5		
	4	7	2		5	6	8	
8								4
	6	9		5		7		1
5			6		7			
		3		9		8	5	
9				6				3
	3	4	7		8	2	9	
		5				4		

Last week's Leisure Solutions

CROSSWORD BREAK:

Across: 6 Adjoin; 7 Vital; 9 Irate; 10 Protect; 12 Credibility; 14 Distraction; 18 Rejoice; 19 State; 21 Image; 22 Theorem.
Down: 1 Adorn; 2 Rotter; 3 Pry; 4 Pistol; 5 Paucity; 8 Probity; 11 Advance; 13 Dilemma; 15 Trough; 16 Option; 17 Otter; 20 Shy.

Just So: The dark side of the moon; The lowest of the low; Grandmother clock; As good as gold.

Who, What, Where, When: Christopher Cockerell; Yellow; London; 1988; Cole Porter; The head; Memphis; 1649.

Darn Tough Sudoku

2								6
		6	7	1	5	9		
	3						5	
		7	2		6	4		
4								8
		8	4		3	5		
	7						1	
		1	8	4	7	3		
9								7